



# Under the Downs

3 Country Churches Nestling Under the Downs

## View From the Rectory

Planning ahead - its always something of a challenge. For important life events and family gatherings, the plans often begin early, to be sure that everything will be as perfect as we can possibly make it. Holidays too - they give us something to look forward to, especially when the weather is cold and grey at home, and although we cannot plan for it, sunshine comes high on the list of hopes.

Maybe though, it's the events we don't plan for that can give us the greatest pleasure - a surprise visit from a friend, or a sudden opportunity to take part in an activity that reflects our interests.

Jesus reminds us that we should concentrate on the day, the moment that we have, and importantly not worry (does that include planning?) about tomorrow. He uses illustrations of the birds of the air, and the lilies of the field, which just get on with life.

So we shouldn't expend too much energy on detailed planning ahead, especially when it detracts from our enjoyment of the present moment.

Francis Thompson, in his lovely poem, 'The Kingdom of God' reminds us that by dwelling to much on distant challenges, we may miss the 'many-splendoured thing' close at hand.

So I wonder, where might you experience a 'many-splendoured thing' this month?

Let's keep our eyes open - for the unexpected!

Linda

## Ash Wednesday

Lent begins on Ash Wednesday - and this year is on 6th March.

At the start of Lent people went to church to reflect on their past shortcomings, to think of the suffering of Jesus, and to resolve to do better in the future.

Our service of Holy Communion in **St James Heyshott at 10am** reflects this: it is a time for thinking about the journey of Jesus and of ourselves, of saying sorry for things we have done or said in the past, and for those who wish, the opportunity to receive the sign of the cross in ash.

Do join us if you can: Wednesday 6th March 10am St James, Heyshott

## More Tea Vicar?

Cocking Lunch Club is very successful, but only happens once a month, so we thought we'd try out the opportunity for another local get together during the month. To be held at The Chicken Shed at the Moonlight Tearooms and open to all, not just those who are lunchtime regulars, we will be having tea and cake, and the chance to chat, between 2.30 and 4.00 pm on the following dates:

29 March      10 May

14 June        12 July

16 August     27 September

No need to book, just drop in, and why not bring a friend? Tea and cake for £4 per person. Hope to see you there.

## March 2019

**There is a fifth Sunday on 31 March. Our joint service is at 10am at St Mary, Bepton**

## Mothering Sunday

Easter is very late this year, and Mothering Sunday falls on 31 March, which is also a fifth Sunday, so all the churches in the benefice will be celebrating together with a joint service at **10am at St Mary Bepton**. Refreshments after this service.



## Visit by the Bishop of Chichester

Bishop Martin will be spending two days with various churches in the Deanery.

He will begin with Morning Prayer in St Catherine's Cocking on Wednesday 13th March at 9 am, and later that day will be leading a Deanery event in Easebourne Church at 7.30pm.

Everyone is very welcome at either event.

# Annual Meetings

Annual meetings for each church will be held in April.

On each occasion, there are two meetings:

The Annual Meeting of Parishioners, to elect churchwardens, which can be attended by any person resident in that parish

The Annual Parochial Church Meeting, a report on the church's work during 2018. This meeting is open to those on the church electoral roll

Meeting dates:

St Catherine of Siena Cocking: Sunday 7th April at 10.30 am in church

St Mary Bepton: Sunday 7th April at 12.15 pm in church

St James Heyshott: Monday 15th April at 7.30 pm in the Cobden Hall

# Electoral Roll

The Church Electoral Rolls are revised every six years, so in 2019, this means that everyone eligible needs to reapply. You can be on your Church Electoral Roll if you are baptised, and live in the parish or regularly attend worship there.

Application forms are available from the following, and should be returned to them by the date shown.

Cocking with West Lavington - David Earley (858948) return by 23rd March

Heyshott - Nick Sherwin (810129) return by 23rd March

Bepton - Jenni Rigby (814981) return by 3rd March

# Benefice Lent course 2019 - Inspiring Music in Worship

Lent begins on Wednesday, 6 March and in the weeks following we will be using a published course to help us explore the part that music plays in worship for each of us

Each week we will look at different aspects: a book accompanies the course, and copies will be available to purchase as an option: there will also be printed handouts each week

There will be five sessions, each on a **Monday** afternoon, from 2pm until 4pm, finishing with tea and biscuits/cake.

Dates and locations as follows:

11 March	Being a worshipping person	Cocking Village Hall
18 March	Discovering skills/releasing gifts	Cobden Hall, Heyshott
25 March	Music and Mission	St Mary's Church, Bepton
1 April	Starting from where we are	Cocking Village Hall
8 April	Setting a new vision	Cobden Hall, Heyshott

Although this is a series and it is really helpful if you can attend all sessions, each week does stand alone, so if you can only manage some of the dates, please come along anyway.

To help with catering, please let us know if you are planning to attend: give your names to Sheila Ryan, John Murray, Nick Sherwin or David Imlach.

*St Paul wrote to the people of Ephesus:*

*'Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything'*



# Church Service Times

**There is a fifth Sunday in March: this month our joint Benefice service is at St Mary, Bepton at 10am**

This is the usual pattern, but occasionally there are changes - please check the church noticeboards. This is especially important at festival times such as Christmas and Easter



## St Mary Bepton

11.15am 1st Sunday of the month Matins BCP  
2nd, 3rd and 4th Sundays Matins with Holy Communion BCP

## St Catherine of Siena Cocking

9.30am Every Sunday  
1st Sunday of the month Family Communion CW  
2nd, 3rd and 4th Sundays Holy Communion CW

## St James Heyshott

11.15am 1st Sunday of the month Family Communion CW  
9.30am 2nd Sunday of the month Holy Communion BCP  
9.30am 3rd Sunday of the month Matins BCP  
11.15am 4th Sunday of the month Holy Communion CW  
6.00pm 1st 2nd and 4th Sundays Evensong BCP  
3rd Sunday Compline

On a 5th Sunday of the month, there is a joint service at 10.00 am at one of our churches - please check the notice boards or our magazine.  
**CW** - Common Worship is the modern language service      **BCP** - Book of Common Prayer is the traditional service

